



Poovar Island Resort

Panchakarma – 7N

Panchakarma at Poovar Island Resort is a deeply transformative Ayurvedic detox and rejuvenation program designed to cleanse the body at a cellular level and restore inner balance. Rooted in the ancient science of Ayurveda, this therapeutic process focuses on eliminating accumulated toxins, strengthening metabolism, and harmonizing the body's natural energies (doshas). Guided by experienced doctors, the program combines personalized treatments, herbal therapies, therapeutic massages, yoga, and a prescribed Ayurvedic diet to promote holistic healing. Set amidst serene backwaters and natural surroundings, it offers a complete mind-body reset, leaving you refreshed, revitalized, and aligned with long-term wellness.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Single – Euro 185

Double – Euro 266

Package Inclusions:

- Accommodation on non-AC Rooms per night.
- Pick up & Drop from TVM Airport/ Railway station.
- Boat transfers from Poovar Boat Jetty.
- Welcome drink on arrival.
- Special Ayurveda breakfast, lunch & dinner included.
- Doctor's consultation, Ayurveda therapy, Massages and medicines during the stay.
- Daily Yoga sessions.
- One sunset cruise on the backwaters during the stay.
- Usage of ayurveda swimming pool.

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